1: Childs M-5 (1924-1940) 1949 FP13 Mbundu FP13

846 firewood. When they bring something, the mother thanks them saying, You have provided very well. She who brought supplies sits down and takes the baby and asks whether it is doing well. Conversing with the mother, she advises her how to attend to the baby, and then she returns the baby to its mother and bids her good-bye, saying, May you rest well. The mother replies *E-e-e*. Then she goes out and goes away. All who come do that. During all that time the mother cannot go out until the navel has healed. Then some day when another gives birth, she will do likewise, she will prepare food to go and greet the parent.'

• 853 *The Baby's Food, Drink, and Medicine*. 'From the time the baby is born they set its gruel (*ekela*) (on the fire), and when it is done they begin to feed (it to him). It is difficult to feed a baby because he struggles greatly, and so when they feed him they hold his little arms and legs and put the food in his mouth when he cries. The mother takes the gruel from the pot and first puts it in her own mouth to cool it with her saliva, then she takes it out and, with the crook of her finger, puts it into the baby's mouth. If the baby's mouth fills up and runs over, she wipes it up and throws it back again. When she sees that sleep has taken him away, she sucks the gruel from the child's mouth and spits it out on the floor. Then she wipes his face clean with a little water. This gruel is stirred up with unfermented beer (*ocisangua*) in place of water that it may be tasty.

757 853 'Likewise from the time of his birth they set aside for the baby a little gourd or pot of beer (*ocisangua*), which is tasty, very tasty. Into that beer they throw some sweet-smelling medicine, as for instance *ocisangu*, *olukata*, *ocilombo*, and *okakonga*. That medicine helps that the stomach may not ache and that worms may not come. *Olukata* is useful for stopping diarrhoea. Should he not eat well, they put in *okakonga*. In giving him to drink they use a little piece of gourd. As with feeding him likewise, although he struggles they hold his little arms and legs and make him drink.' The chief purpose of the beer and the sweet-smelling medicines is to tempt the baby to eat and drink, for it is believed that a baby [127] is born with its senses of taste and smell fully developed. In case of more serious, or supposedly more serious, trouble, these simple remedies do not suffice and the diviner (*ocimbanda*) will be consulted.

'Should the baby be sick in the belly, making a noise *cōlōlō*,

1: Childs M-5 (1924-1940) 1949 FP 13 Mbundu FP 13

cõlõlõ, they will say, They have bewitched him with *oloseta*.[1] In going to the diviner they take a cock for the cure. They kill their cock, the diviner eats it, they (go) to the threshing-floor for the cure. That threshing-floor is holy and no one may pass over it unless in passing he spits out a little saliva and says, There may it stay, there. Only so may they pass on, even though they may be many, each person does just that.' The 'many' who go to the diviner are representatives of the family, for their presence is necessary not only for proper diagnosis but also to show their concern and good faith.

Babyhood Proper

(*From the second week until about the seventh month*)

The period of lying-in is terminated when the cord falls and the navel heals, but the second period only begins when the baby turns dark. This period begins with 'Breaking the pot' (*Oku ipaya ombia*). The reference is to the gourd or pot in which the beer and medicine have been kept. 'Breaking the pot', says one informant, 'means dividing the dark from the light.'

'When a child is first born he is perfectly pink and it is not possible to say whether he will be light or dark. When six or eight days have passed he begins to change and to get the skin with which he will grow. At that time they recognize whether the child will be light or dark. Then is the time when those who do not like to hold a pink baby will begin to take him up, for also it is then that his neck begins to be strong. Then too the baby begins to cause people to laugh. Should he be a boy, those who take him will say, Ah my husband are you well? Ha, how is the man? Then the parent will rejoice and say, Shucks, this man doesn't give any cloth at all. Should she be a girl, they will also say, How is my girl? The parent replies, She is quite well. The man then says, Where is a beer-jug for a man? The parent says, Shucks, your girl can't brew at all, she 's no good, they've just put her out of her house; they've just divorced her because she can't keep house properly.'

This period from about the eighth day until about the end of the sixth month is the period of babyhood proper. At night the baby sleeps with his mother and by day he is carried in a cloth on her back (*oku velekua*). When it is not raining his head may be seen

[1] *Oloseta* (plural) are a wild fruit, hard and about the size of hazel-nuts, used for playing *ocela*.

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relative after whom he is named.(1)

(b) Ordinarily the baby is named by the father from his family. According to Ennis,(2) the first male child is usually named after the paternal grandfather, the first female child after the paternal grandmother; the next two or three children are named after paternal uncles and aunts, and then the mother may choose a name. Childs writes that the name may be given by the mother if the father's family has a bad record of deaths and illnesses. 553

(c) The name must not prejudice but assist the child's chance of survival; thus a child born after the death of several siblings may be given an insignificant name, intended to cause the spirits to overlook it, or to consider it less than human.

(d) Events or persons prominent at the birth may influence the choice. A namesake, whether intentional or not, is known as *Sando* (from the Portuguese word for saint). Events at the time of birth may be summed up in a proverb, of which the key word is the name. Ennis gives numerous examples of such names.(3)

(e) The same names may belong to several families of a type, e.g. trading or farming families, or the families of paramount chiefs, who were jealous of their names and did not permit their use by commoners. 551

Parents take the name of their first-born: thus "Nanjamba" is "the mother of Njamba". During illness a person may change his name to draw away the attention of the spirits. Adolescents discard their birth names and choose new ones.(4)

Infancy

During the first six months the child sleeps with his mother and during the day is carried in a cloth on her back, and fed whenever he demands milk. If the mother has no helper, she works in the fields with the baby on her back. An older sister or other young relative may play with the infant within hearing distance of the mother. 853

Between six and twelve months the child is taught to sit; when he can do this he is no longer a baby *(onana)* but an *ocisemba* (toddler). A child rarely walks before the age of 24 months, since he is carried and held so much. 856

Weaning: a child goes every day with his mother to the fields; each month he becomes fatter and heavier, but he usually continues like this until after the second birthday. When he can walk, he may be left during the day with his young nurse (elder sister, cross-cousin or other relative) and not fed until the mother returns during the afternoon. The process of weaning begins then at this stage but is usually not completed till a year or two later, unless another baby intervenes. Those who take longer than usual in weaning may, however, be frightened away from the breast.(5) 862

(1) Childs, op.cit., p.87.
(2) 1945.
(3) op.cit.
(4) Childs, loc.cit.
(5) Childs, op.cit., p.93.

3: Hambly E-5 (1929-1930) 1934 FP13 Mbundu FP13

drunk. The concoction is described in Umbundu as *ihemba vioku tundisapo imo* ("medicine to take away belly"). 847

When the monthly period begins too early in life, the medicine-man recommends that the young girl should wear the cowrie necklace worn by her mother's mother. 841

A deformed child is destroyed, but not if it has been allowed to survive the first day. 847

If male triplets are born, two stay permanently with the mother. At the age of five years one child goes to the king, whose child he becomes. 851

When a woman has had relationships with more than one man, she will die in childbirth unless the medicine-man is called to cure her. 837

In a Vachokue village of eastern Angola I bought a female wooden figure. It was explained that this would be nursed by a woman, one of whose twins was dead, in order to induce another conception. Moreover, the nursing of the figure prevents the death of the second twin. The Ovimbundu also use these wooden figurines for replacing dead twins (p. 163). 532 845 842

Children are suckled for a long time; even those of three years and older come to the breast. There are instances in which milk is present but lacking the nutritive qualities; then the baby is likely to die. The matter is simpler when a mother gives no milk at all because the baby is given to another woman, but not necessarily to a woman who is suckling a child. A baby whose mother has no milk may be given to a woman who has not borne a child for many years, and the sucking of the child quickly induces a milk supply. This is agreed upon by informants at Ngalangi and Elende who have seen a child nursed by a woman with withered breasts. Protection is given to the fontanelle by covering it with a vegetable gum which hardens. 853

Near the chief village of the Vangangella at Ngalangi there is a mound decorated with feathers and painted wooden posts (Plate XCII, Fig. 1). Childless women are placed on the mound which is near a river. They are covered with mud, after which the medicine-man sings songs and administers potions. The women go home and are made to sit on mounds in their kitchens. These mounds, which are made in rows, like earth heaped up after hoeing a trench, may be a symbol of successful agriculture and human fertility. 842 789

On looking into the subject of blood brotherhood I found that an exchange of blood between two males who swore mutual fidelity was at one time common. At the present day an exchange of blood is 608